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PREVENTION DIABETES MELLITUS / RISK PEOPLE

WIPAWON LIMCHAREON : THE EFFECT OF PARTICIPATORY GUIDANCE ON
HEALTH BELIEF AND SELF CARE BEHAVIOR FOR PREVENTION IN DIABETES
MELLITUS RISK PEOPLE IN THOMBON SANOLOY , BANGBUATHONG DISTRICT
NONTABURI PROVINCE. THESIS ADVISORS : CHANYA SIENGSAHOR, M.P.H., WILAI
KUSOLVISITKUL, M.Sc., REWADEE CHONGSUWAT, Ph.D. 137 p. ISBN. 974-662-061-4

This research was a quasi experimental design. The purpose of the research was to study the effect of participatory guidance with the application of Becker's Health Belief Model, Orem's Self-Care, and Participatory Guidance on changes of health belief self care behavior and body mass index. The 74 subjects were diabetes risk people who lived in Thombon Sanoloy Bangbuathong district of Nonthaburi province between May and July 1998. The subjects were selected according to specific criteria, and matched by sex and religion into experimental and comparison groups. The experimental group received the participatory guidance twice, the comparison group received none. The intervention was conducted over a period of 9 weeks. The subjects were interviewed using questionnaire and recording forms to provide their health belief, self care behavior and body weight. Statistical analysis was performed by frequency distributions, percentage, mean, standard deviation, median, quartile deviation, paired t-test and t-test.

The results of this study indicated the means of health belief score and self care behavior score of the experiment group were significantly higher after the experiment, and higher than those of the comparison group. After the experiment, body mass index of the experiment group were lower than before the experiment and lower than those of the comparison group ($p\text{-value} < 0.05$). This result showed that the group which received participatory guidance did increase their positive health belief, self care behavior and reduce their body mass index as compared to the group which received none. The participatory guidance should be applied to diabetes risk people in other areas and with other non-communicable disease risk people.